

34. An edible oil consisting essentially of linoleic fatty acid (n-6, 18:2) and  $\alpha$ -linolenic fatty (n-3, 18:3) in a linoleic to  $\alpha$ -linolenic weight ratio of 0.05-7.55, and wherein said oil contains flaxseed oil.

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38. A dietary supplement consisting essentially of linoleic fatty acid (n-6, 18:2) and  $\alpha$ -linolenic fatty (n-3, 18:3) in a linoleic to  $\alpha$ -linolenic weight ratio of 0.05-7.5, and wherein said supplement contains flaxseed oil.



42. A food consisting essentially of linoleic fatty acid (n-6, 18:2) and  $\alpha$ -linolenic fatty (n-3, 18:3) in a linoleic to  $\alpha$ -linolenic weight ratio of 0.05-7.5, and wherein said food contains flaxseed oil.